



Urinary Incontinence: Pelvic Floor Exercises

TWH

Urinary Incontinence Clinic

How to find the Pelvic floor muscles:

Find a quiet place and sit down. Try to squeeze the muscles that prevent you from passing gas or emptying your bladder. Try not to tighten your buttocks or stomach muscles and do not hold your breath.

What are pelvic muscles?

They hold your bladder, uterus and bowel in place. They can become weak and sag after having a baby, with little or no exercise or by getting older. With weak muscles you may leak urine when you cough, sneeze, laugh or exercise.

To do pelvic floor exercises follow these steps:

1. Squeeze your pelvic muscle
2. Hold and count slowly ...1 and 2 and 3
3. Then relax for ...1 and 2 and 3
 - Do not hold your breath while doing these exercises
 - You can do these while lying, sitting or standing.
 - 10 exercises are called **1 set**.
 - Do 1 set 5 times a day.
 - As you get better at doing these exercises you can count up to 5 and then relax for a count of 5.
 - **You must relax your muscles for the same amount of time as you squeeze them.**

You will need to do these exercises for 3-6 months before you will notice improvement in your urinary incontinence (urinary leakage).

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